

*your guide to*  
**Cequa™**

(ciclosporin 900 microgram/mL)

for the treatment of dry eyes



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Sun Pharma ANZ Pty Ltd, ABN 17 110 871 826, Macquarie Park, NSW 2113.  
Ph: +61 2 9887 2600, Fax: +61 2 8008 1639. Medical Information and to  
report adverse events: [adverse.events.aus@sunpharma.com](mailto:adverse.events.aus@sunpharma.com) or 1800 726 229.  
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# hello & welcome

Your doctor or optometrist has prescribed Cequa to treat your dry eyes. This booklet contains information on dry eye, as well as an introduction to Cequa treatment and the ongoing management of dry eye.



For additional information about Cequa, please scan the QR code to refer to the Consumer Medicine Information leaflet.

# what is dry eye?

You may have heard doctors or optometrists talking about '**keratoconjunctivitis sicca**' or '**tear dysfunction syndrome**'. These are just different names referring to **dry eye**.

Dry eye is exactly what it sounds like – a condition causing dry eyes.

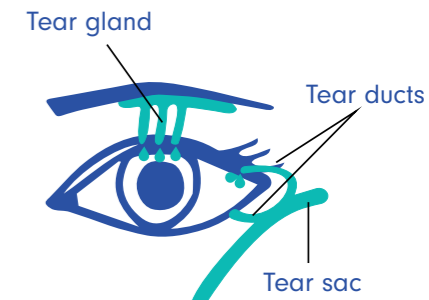
## 💧 In people **without** dry eye

Tears are produced in, and released from, tear glands in your eye lids. Tears wash over your eyes to remove dirt or dust, and to make sure that your eyes are well lubricated so you can see clearly.

## 💧 In people **with** dry eye

Tears aren't produced or they don't function the same as they used to. This is typically caused by one of two different factors:

- A reduced amount of water in your tear secretions
- or**
- Poor tear quality or less blinking than usual



Without tears to lubricate the eye, the cells on the surface of the eye can become damaged. When this happens, the damaged cells release a signal to your body to indicate that they need help.

This signal triggers the immune system to mount a defense mechanism called **inflammation**. Unfortunately, this inflammation worsens the situation – by trying to protect your eyes from further injury, your immune system actually causes more harm. It's a vicious cycle that keeps on going!

### Symptoms of dry eye

You will be very familiar with what dry eye feels like. Apart from the obvious dryness, people may experience slightly different symptoms. You probably have experienced several of the following symptoms:

- Persistent eye dryness
- Stinging or burning of the eyes
- Discharge from the eyes
- Red, inflamed and irritated eyes
- Changes in your vision

*Your immune system is made up of different cells and proteins that work together to protect you against anything that can cause harm – including physical damage and infection.*

### How is dry eye treated?

Dry eye is usually managed with eyedrops to increase moisture and lubrication within the eyes.

**Artificial tears** can help reduce the dryness of your eyes. However, you may have found that these products didn't help you or are not helping anymore.

That is why your doctor or optometrist has prescribed you **Cequa**.

## about — Cequa

### What is Cequa and how does it work?

Cequa is an eyedrop formulation that uses a nanomicelle technology to deliver a medication called ciclosporin to the surface of the eye, where it is needed.

- **Ciclosporin** is an immunosuppressant that dampens the inflammation triggered by your immune system, preventing further injury to the cells on the surface of your eye.
- The delivery method uses nanomicelles, which makes sure more of the medication reaches your eye, instead of being washed away by tears.



## How to use Cequa



Cequa is a clear, colourless solution provided in a single-use ampoule.



Squeeze one drop of Cequa into each affected eye, twice a day. Drops should be administered 12 hours apart.

- Think about your daily routine and when would be best to use your Cequa medication.
- For some people, it may be easiest to use Cequa first thing in the morning and then again in the early evening, or whatever schedule suits you.
- It may help to tag it on to another activity that you do each day, e.g. you could use Cequa with breakfast and dinner, or when you clean your teeth in the morning and evening.



Use a new ampoule each time you use Cequa, and discard it after use.



Artificial tears can be used alongside Cequa to lubricate your eyes. Just make sure you wait for 15 minutes after using Cequa before using artificial tears.

## How long does Cequa take to work?



You may see an improvement in dry eye within a few weeks of using Cequa, but for some people it can take up to 3 months. Don't worry if you don't see any improvement straight away - this is normal.

Keep using your doses every day. People who forget to use their doses regularly may take longer to see an improvement in symptoms.

**Dry eye needs long-term management because there is no cure. Carry on using Cequa for as long as your doctor or optometrist advises.**

## What if I forget to use Cequa?



If you forget to use Cequa and it is less than 12 hours until your next dose, skip that dose and use your next dose as planned.

Do not use two doses of Cequa to make up for a missed dose.

## Storage



Cequa should be kept in its foil pack until you are ready to use it. Keep Cequa in a cool and dry place, below 25°C.

- Do not freeze.
- Avoid hot places, such as the car or a windowsill.
- Avoid damp places, such as the bathroom.
- Keep out of reach of children.

## What if I use too much?



As Cequa is provided in single-use ampoules, it is unlikely that you will use too much. However, if you do think you've used too much, or if you've accidentally swallowed Cequa, contact your doctor or call the Poisons Information Centre immediately on 13 11 26.

## Possible side effects











It is possible that you may experience some mild pain in your eyes when administering Cequa. You may also experience eye irritation, eyelid inflammation or headache.

Although these are all common side effects that are normally short-lived, you should speak with your doctor, optometrist, or pharmacist if you notice any of these signs just to make sure that it is okay to continue with your Cequa treatment.

# practical tips

## Managing dry eye

Unfortunately, there is no 'quick fix', and dry eye requires long-term management. Along with your Cequa treatment, the following tips and tricks may help:

-  Wearing contact lenses can worsen the symptoms of dry eye. Discuss your options with your doctor or optometrist.
-  Wear sunglasses when you go outside (ideally wrap-around sunglasses).
-  Keep hydrated by drinking plenty of water.
-  Blink regularly, particularly when you are looking at a screen or reading.
-  When working at a computer, lower the screen so your gaze is downwards.
-  Increase the humidity in your workplace or home by turning down the air conditioning.
-  Turn air vents away from your face.
-  Take omega-3 supplements.



## Filling your Cequa script



Remember to check the number of repeats left on your script so that you have plenty of time to go to your doctor or optometrist for a new script.

Cequa isn't routinely stocked in all pharmacies, so remember to speak to your local pharmacy to organise an ongoing supply.

